

Greek Lentil Soup with Feta - Fakes

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-style-lentil-soup-recipe>

Ingredients:

- 2 tablespoons olive oil For sautéing veggies and about 1/2 to 1 tablespoon per serving, See note 1
- 1 onion Medium yellow, chopped
- 1 russet Potato, peeled and cubed, See note 2
- 1 carrot Medium, peeled and sliced
- 2 cloves garlic Chopped
- 1 cup lentils Rinsed, See note 3
- 1 tablespoon soy sauce optional
- 1/4 teaspoon turmeric optional
- 1/4 teaspoon dried oregano optional
- 6 cups vegetable broth Or Water, See note 5
- salt
- pepper
- red wine vinegar about 1 teaspoon per serving, See note 6
- crumbled feta about 1 teaspoon per serving, See note 7
- chopped parsley for garnish, optional

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 49 grams
3. Cholesterol: 5 milligrams
4. Fat: 9 grams
5. Fiber: 17 grams
6. Protein: 16 grams
7. SaturatedFat: 2 grams
8. Sodium: 1930 milligrams
9. Sugar: 7 grams

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